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Medicine List - Tracking your Health

Prescription Drugs and Over the Counter drugs

Drug Name	Prescribing Dr.	Color/Shape	How much do I take?	When/how do I take it?	Why do I take it?	Date started.
1						
2						
3						
4						
5						
6						
7						
8						

Nutritional Supplement List

Supplement Name	Brand Name	Results OK?	How much do I take?	When/How do I take it?	Why do I take it?	Date Started
1						
2						
3						
4						
5						
6						
7						
8						